

## Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



FEB 9 1934

U. S. Department of Agriculture

HOUSEKEEPERS' CHAT

Friday, February 9, 1934.

(FOR BROADCAST USE ONLY)

Subject: "Special Menus for February Holidays." Information approved by the Bureau of Home Economics, U.S.D.A.

--oOo--

"February," remarked Billy, "is almost my favorite month, after December."

"It's a short month," I said, "and the sooner it's over, the sooner Spring will be peeking 'round the corner."

"Don't you like February?" asked Billy. There was reproach, if not rebuke, in the tone of his voice. "Don't you like holidays, Aunt Sammy? Aren't you going to give a Valentine party, and a party for Lincoln's birthday, and one for Washington's birthday? Washington was the father of your country. You might at least have a party on his birthday."

I realized that in the eyes of my small visitor I was fast losing prestige. My spirit of patriotism was being questioned.

"If George Washington could cross the Delaware in the middle of winter," said Billy severely, "you could at least invite some people to your house for dinner on his birthday. I could come. I could come to a Valentine party too, after school. Next Wednesday is Valentine's day. Are you listening, Aunt Sammy, when you look out the window like that?"

Oh yes indeed, I assured Billy, I was listening. In fact, I was planning a children's party menu while he talked -- a menu that won't alienate the affections of the mothers of the neighborhood. They object to parties that are too fancy, and food that is too rich.

"Then if you're listening," continued Billy, "are you going to have a party? I should think you would want to."

We decided to give a dinner party next Wednesday night for Billy and his friends. I'm very busy these days, so Billy is to be responsible for the invitations and the place cards. The responsibility pleases him mightily. He has already decided that the place cards are to be small valentines tied to lollypop dolls.

The menu -- I hope you mothers will approve of this dinner for children -- includes creamed chicken and flaky boiled rice, with a border of bright red beets; lettuce sandwiches; strawberry gelatin, made in heart-shaped molds and garnished with a spoonful of whipped cream; fruit lemonade and valentine cookies. The cookies will be big heart-shaped ones, and if I have time I may write the name of each small guest, in tinted frosting.



2/9/34

The lettuce sandwiches are something extra special for Valentine's day. Pink and green sandwiches, no less. Cream the butter smooth, and color it with a little beet juice. Pink butter and shredded lettuce. Don't tell the men-folks of your family about the pink butter, because like as not they'll smile. They don't understand that such things are important on Valentine's day, especially at a children's party.

Of course -- a few of them are sentimental about the fourteenth of February, and remember the days when they sent lace-edged tokens of affection to their lady-friends. There's a story told of a certain Captain who, during the Civil War, sent his lady-love a very beautiful valentine -- a rosy cupid riding in a silver chariot drawn by golden butterflies. The gallant Captain wrote an original verse to accompany the valentine. It began like this:

"Art thou dear unto this heart?  
Ah, search it well and see,  
And from this bosom tear the part  
That beats not true to thee."

The Captain sent this lovely verse and the beautiful valentine to a Miss Mollie Turner, who was a Scotch lassie. She scrutinized the valentine carefully, very carefully, and she saw the dim traces of a price mark -- fifty dollars! She decided right then that it wouldn't be wise to marry such a spend-thrift as the Captain.

"Gee," said Billy, when I told him this story. "Didn't that Captain know you can buy just as good valentines for five cents apiece? And besides, who'd want gold butterflies and all that stuff! Phooey!"

But all this talk of valentines isn't getting us anywhere in a practical way. I still have a patriotic dinner menu to give you this morning, and two questions to answer.

The first question is about sweets for children. When should children be given candy and other sweets?

I'll let Mrs. Rowena Carpenter answer that question for us. She's the child nutrition specialist with the Bureau of Home Economics.

"Sweets are concentrated fuel foods," says Mrs. Carpenter. "They add interest to the diet but must be given with discretion. As a safeguard to the child's appetite and his good nutrition, he should not be allowed to have sweet things or large amounts of sweets on food either between meals or early in the meal. It is important to establish the habit early of serving sweets only as a dessert, or immediately after a meal, and in limited quantities. In this way sweets may become a very good incentive for the poor eater to clear his plate."

Mrs. Carpenter suggests a number of suitable sweets for children. They include raisins, dates, jelly, jam, honey, and preserves; raw, ripe, or cooked fruits; simple candies; cake and cookies that are not too sweet or too rich in fat; custards, puddings, ice cream, fruit sherbets, and other simple desserts.





2/9/34

The next question is about citrus fruits and bananas, and their food value. The citrus fruits (I'm still quoting Mrs. Carpenter), the citrus fruits are especially valuable for vitamins and minerals and should appear frequently in the growing child's diet. Tomatoes, really a fruit, are practically the same as citrus fruits in food value. Many child-nutrition specialists advise tomato juice every day that the child does not have citrus fruit of some kind.

Now, about bananas. They're a good vitamin and mineral food, and if they're ripe, they may be given to children often. When the seeds of the banana are black and the skin has begun to darken, the pulp is mealy and can be well chewed. For very young children, bananas may be baked, or the raw pulp mashed.

And now let's talk about our patriotic dinner. Here's a menu for either one of the celebrated birthdays of the month, or for the days in between: whole baked ham, covered with pineapple slices and maraschino cherries; mashed rutabaga turnips; snap green beans; beaten biscuits; asparagus and pimiento salad; Washington birthday pie; and coffee.

I heard about the baked ham dish from one who actually saw it after it was baked in the experimental kitchen of the Bureau of Home Economics. The ham was described in the most glowing terms -- it must have been a work of art, for a wax model was made of the ham, for exhibition purposes. This afternoon, I'm going to find out just how the ham was prepared, so I can tell you all about it on Monday.

-----

MONDAY: "How to Use a Whole Ham."

###

